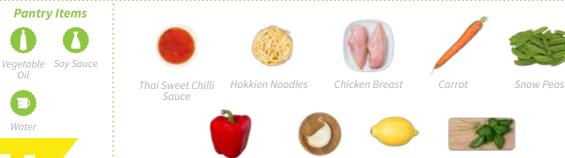


Sweet Chilli Chicken Stir Fry with Basil & Snow Peas

Use your noodle and choose noodles! This sumptuous stir fry is a veritable greatest hits of delicious flavours and fresh veggies. We're so excited to bring you this sweet chilli stir fry – the perfect balance of sweet and tasty. After this, we reckon you'll be losing your local takeaway's number and cooking this all the time!





Red Capsicum

lic

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QTY	Ingredients		Ingredient features		
1 sachet	Thai sweet chilli sauce		in another recipe		
1⁄4 cup	salt-reduced soy sauce *				
2 tbs	water *		* Pantry Items		
2 packets	hokkien noodles				
1 tbs	vegetable oil *		Pre-preparation		
2 fillets	chicken breast, cut into 2 cm thick pieces				
2	carrots, peeled & sliced into 3 mm discs	🥏 🕀	Nutrition per serve		
200 g	snow peas, ends trimmed		Energy	3180	Kj
1	red capsicum, sliced into strips		Protein	52.6	g
2 cloves	garlic, peeled & crushed	Ð	Fat, total	20	g
1	lemon, juiced	\oplus	-saturated	4.7	g
1 bunch	basil, leaves picked		Carbohydrate	85.1	g
			-sugars	13.2	g



You will need: chef's knife, chopping board, vegetable peeler, garlic crusher, kettle, small bowl, heatproof bowl, strainer, large wok or frying pan, spatula and a plate.

Sodium

1140

mg

1 Bring a kettle full of water to the boil. In a small bowl, combine the **Thai sweet chilli sauce**, **salt-reduced soy sauce** and the **water**. Set aside.

2 Place the **hokkien noodles** in a heatproof bowl, pour over the boiling water from the kettle and allow to soak for **1-2 minutes**, or until separated. Drain.

3 Heat the **vegetable oil** in a large wok or frying pan over a high heat. Add the **chicken breast pieces** and stir fry for **4-5 minutes**, or until golden and cooked through. Remove the chicken from the pan and place on a plate (leave any oil in the pan behind to cook the veggies in step 4).



4 Place the same wok over a high heat. Add the carrot, snow peas, red capsicum and garlic, and stir fry for 2 minutes or until the vegetables have softened. Add the sweet chilli mixture to the wok along with the hokkien noodles and chicken. Stir fry for 1-2 minutes or until heated through and well combined. Add the lemon juice and then remove from the heat and stir through the basil leaves.

- 2
- 5 To serve, divide the stir fry between bowls. Enjoy!

Did you know? Sweet chilli sauce is called nam chim kai in Thailand.